



Regionale Hoge Rielen LICHTAART 16.1.2022 K.O.L.

Adrie VAN OPSTAL

K.O.L.

Omloop : H:03

Afstand : 6120m

Tijd : 0:44:18 (7'14"/km)

4/32

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------|---------|
| 1. Wiet LAENEN | 0:41:13 |
| 2. Rudy ROOMAN | 0:42:17 |
| 3. Guido TIMMERS | 0:43:33 |

1.	187	00:00:49		133m	6'08"/km
2.	188	00:00:48	00:01:37	146m	5'29"/km
3.	133	00:01:08	00:02:45	205m	5'32"/km
4.	137	00:02:10	00:04:55	344m	6'18"/km
5.	139	00:01:26	00:06:21	207m	6'55"/km
6.	165	00:01:55	00:08:16	244m	7'51"/km
7.	194	00:01:38	00:09:54	244m	6'42"/km
8.	142	00:03:00	00:12:54	409m	7'20"/km
9.	150	00:01:30	00:14:24	189m	7'56"/km
10.	162	00:02:24	00:16:48	335m	7'10"/km
11.	151	00:02:08	00:18:56	291m	7'20"/km
12.	163	00:02:16	00:21:12	311m	7'17"/km
13.	176	00:02:39	00:23:51	338m	7'50"/km
14.	143	00:01:24	00:25:15	175m	8'00"/km
15.	141	00:02:08	00:27:23	323m	6'36"/km
16.	138	00:02:38	00:30:01	298m	8'50"/km
17.	189	00:01:09	00:31:10	168m	6'51"/km
18.	183	00:01:22	00:32:32	198m	6'54"/km
19.	171	00:01:26	00:33:58	210m	6'50"/km
20.	190	00:01:10	00:35:08	162m	7'12"/km
21.	172	00:00:29	00:35:37	75m	6'27"/km
22.	156	00:01:45	00:37:22	286m	6'07"/km
23.	132	00:01:11	00:38:33	185m	6'24"/km
24.	158	00:00:36	00:39:09		
25.	131	00:00:56	00:40:05		
26.	191	00:01:32	00:41:37	185m	8'17"/km
27.	193	00:01:23	00:43:00	189m	7'19"/km
28.	999	00:01:18	00:44:18	164m	7'56"/km

Orienteering Software